

Abstract

Golf shoe insole inserts for improving the position of a golfer's body during a golf swing while stabilizing the feet against both over-pronation and over-supination. The golf shoe insert according to the present invention has an upper portion fashioned to support the entire bottom of the foot, including the transverse arch, the longitudinal arch, and the heel. In particular, the upper portion of the orthopedic insert supports bottom regions of the foot from the posterior plantar surface of the metatarsus through the plantar surface of the lesser tarsus to the posterior plantar surface of the rear foot. The upper portion of the subject orthopedic insert includes a deep heel cup to aid in stabilizing the foot and providing support at the back of the foot